

**AMENDMENTS TO THE CLAIMS**

Please amend the claims as indicated hereafter.

1. (Canceled).
2. (Canceled)
3. (Canceled)
4. (Currently Amended) The club as defined in claim [[1]] 11, further comprising a grip.
5. (Original) The club as defined in claim 4, wherein the grip is molded to provide a correct hand grip.
6. (Currently Amended) The club as defined in claim [[2]] 11, wherein the release mechanism is a spring-loaded device.
7. (Canceled)
8. (Currently Amended) The club as defined in claim [[7]] 11, wherein the clubhead includes a stopper.
9. (Currently Amended) The club as defined in claim [[7]] 11, wherein the shaft is a weighted shaft.

10. (Currently Amended) The club as defined in claim [[7]] 11, wherein the weight slides away from the clubhead along the shaft on a backswing and the weight slides back to the clubhead on a downswing.

11. (Currently Amended) ~~The club as defined in claim 7~~ A golf swing training club comprising:

a shaft;

a clubhead;

a weight coupled to the shaft, wherein the weight slides along the shaft during a golf swing; and

a release mechanism being connected to the shaft and including an adjustment member and a tension means that is coupled to the weight, the release mechanism being capable of releasing the weight when a centrifugal force is applied to the club, wherein the adjustment member adjusts the tension of the tension means on the weight to adjust the amount of centrifugal force needed to release the weight during the swing, wherein the weight slides down the shaft and hits the clubhead to provide feedback of a proper or improper swing.

12. (Canceled)

13. (Canceled)

14. (Canceled)

15. (Original) The method as defined in claim [[12]] 16, including the step of causing the weight to slide along the shaft away from a clubhead on a backswing, and causing the weight to slide along the shaft back to the clubhead on a downswing.

16. (Currently Amended) ~~The method as defined in claim 12, including the step of A method for using a golf swing training club with a shaft, weight, and clubhead comprising the steps of:~~

swinging the club;

causing a weight to slide along the shaft during the golf swing;

adjusting the tension of a tension means coupled to the weight to adjust the amount of centrifugal force needed to release the weight during the swing;

releasing the weight from the release mechanism during the swing when the centrifugal force is applied to the club; and

causing the weight to slide down the shaft and hitting the clubhead to provide feedback of a proper or improper swing.

17. (Canceled)

18. (Canceled)